

INTEROFFICE CORRESPONDENCE  
Los Angeles Unified School District  
Human Resources Division  
Office of the Medical Director

**TO:** All Employees

**DATE:** May 25, 2022

**FROM:** Ileana M. Dávalos   
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**SUBJECT: SERVICES THROUGH EMPLOYEE ASSISTANCE SERVICE FOR EDUCATION (EASE) PROGRAM**

As we continue to move forward and adjust through unprecedented times, it is important to create safety nets and support systems for all of our employees. As a District, we acknowledge that many of us have faced challenges and struggles, especially over the last two years.

With the above in mind, we introduce the EASE Program to which all LA Unified employees will now have access. EASE is a specialized Employee Assistance Program (EAP) focused on employees in the educational sector. Employees will have free access to a **24/7 EASE Hotline (1-800-882-1341)**, immediate access to speak to a counselor, as well as tele-health and face-to-face counseling services. The District is **not** notified when EASE services are requested or used by an employee.

LA Unified Employee EASE Benefits include:

- Counseling services available with professional counselors for issues such as stress, grief and loss, anxiety, emotional issues, relationship problems (family/couple/marital), job stress, work relationships, substance use, COVID-19 pandemic related, and more
- Up to 5 sessions per employee
- Individual counseling
- Conjoint counseling (marital/couples/family)
- Unlimited telephonic counseling access through the EASE 24/7 hotline
- Work/life telephonic support for work and life issues with resources to information such as child care, financial, legal, identity theft, and more.

This partnership's goal is to support the mental health and wellness of all LA Unified employees. Please see attached brochure. For more information about services please visit <https://www.lacoe.edu/Home/EASE>.

Attachment



**Employee Assistance  
Service for Education**



As a Los Angeles Unified School District employee, you have access to the EASE program, a specialized counseling service which provides telehealth, face-to-face counseling, phone consultations and community referrals.

- ✓ Voluntary and CONFIDENTIAL
- ✓ Staffed by professional counselors
- ✓ Endorsed by labor and management
- ✓ Paid for by LACOE ESSER III Funds

**EASE HOTLINE: 1-800-882-1341**

### Get Support:

- *24/7 Hotline*
- *No Waiting Lists*
- *Confidential*

### EASE Counselors Specialize in:

- *Family Troubles*
- *Emotional Distress*
- *Drug/Alcohol Problems*
- *Job Anxieties & Stress*
- *Grief, Loss, Transitions*